



Awards Criteria

★ A policy must be written for these criteria

Bronze Medal Award Criteria

To become a **Bronze Medal School**, you must meet all of the following six Bronze Medal Criteria.

- ★ 1. **Write a policy** requiring 90 minutes (45 minutes for kindergarten) of structured physical activity each week using the Utah State Office of Education's physical education core curriculum; include methods to ensure faculty awareness of the policy.
- 2. Teach the Health Education Core Curriculum provided by the Utah State Office of Education.
- 3. Establish a **Gold Medal Mile™** walking program on or around school grounds and a goal for student participation.
- ★ 4. **Write a policy** that promotes **Safe Routes to School** by requiring the development and distribution of a child access routing plan.
- ★ 5. **Write a policy** mandating a tobacco-free school and methods in place to ensure awareness of and compliance with that policy.
- 6. Complete and submit the **Utah School Heart Health Survey**.

Silver Medal Award Criteria

To become a **Silver Medal School**, you must meet a) the Bronze Medal Criteria, b) the following three Silver Medal Criteria, and c) three of the Additional Criteria as selected by your school (see additional criteria).

- 1. PTA/PTO must coordinate at least one health-related event per year that involves students, parents, teachers, and the principal.
- ★ 2. **Write a policy** for faculty and staff wellness activities, and include methods to ensure faculty awareness of these activities.
- 3. Offer a variety of competitive and non-competitive physical activity programs accessible to all students.

Gold Medal Award Criteria

To become a *Gold Medal School*, you must meet a) the Bronze and Silver Medal Criteria, b) the following three Gold Medal Criteria, and c) two more of the Additional Criteria as selected by your school (see additional criteria).

- ★ 1. **Write a policy** that requires all Pre K-12 physical education and physical activity courses to be overseen by certified Physical Education (PE) teachers or PE specialists employed by the school or district.
- ★ 2. **Write a policy** for all teachers and staff that food is not to be used as a reward or as a punishment for students, and include methods to ensure faculty awareness of and compliance with the policy.
- 3. Complete four of the following from the **Changing the Scene Program**:
 - ★ a. **Write a policy** that provides “heart healthy” food choices outside the school meal services and appropriately limits access to vending machines, school stores, snack bars, and other food outlets.
 - b. Enroll school as a **Team Nutrition School** and conduct nutrition education activities and promotions that involve students, parents, and the community.
 - c. Offer nutrition education in the school dining room and in the classroom, with coordination between school food service staff and teachers.
 - ★ d. **Write a policy** that provides an adequate amount of time for students to eat school meals, and ensures that meals are scheduled at appropriate times.
 - ★ e. **Write a policy** that bans advertising of less nutritious food choices and promotes healthy food choices.
 - ★ f. **Write a policy** that requires food service staff to have appropriate pre-service training and regular participation in professional development activities
 - g. Encourage organizations to raise funds by selling non-food items.
 - h. Consider student needs in planning for a healthy school nutrition environment by asking students for input and incorporating their feedback into policymaking.
 - ★ i. **Write a policy** that requires recess to be scheduled immediately before lunch.

Additional Criteria to be Selected by Schools

1. Participate in **Walk Your Child to School Day**.
2. Participate in the American Heart Association's physical activity and community service programs, **Jump Rope for Heart** or **Hoops for Heart**.
3. Participate in the 5 A Day Association's **Grocery Store Tours**.
4. Participate in the American Diabetes Association's **School Walk for Diabetes**.
5. Participate in the **Truth From Youth** ad campaign.
6. Teach a proven effective tobacco use prevention program such as **Life Skills Training** or **Project Towards No Tobacco** in the classroom.
7. Utilize the Utah State Office of Education's Child Nutrition Program, **Cafeteria Connections**, to market and promote the link between the cafeteria and the classroom.
8. Participate in the USDA's Food and Nutrition Service program, **HealthierUS Challenge**.
9. Participate in one national health campaign such as **Red Ribbon Week**, **National Nutrition Month**, or **Green Ribbon Month**.
10. Hold an Olympic Field Day.
11. Allow students and community members to use the physical activity facilities outside school hours.
12. Establish a School Health Council that discusses ways to meet Gold Medal School criteria at each meeting.
- ★ 13. **Write a policy** that discourages withholding PE or recess as a punishment; include methods to ensure faculty awareness of the policy.
- ★ 14. **Write a policy** that provides for continuing education and training in the areas of physical education, tobacco use prevention, and nutrition for teachers who teach these subjects.
- ★ 15. **Write a policy** that requires both lunch and breakfast programs.

Platinum Medal Award Criteria

To become a *Platinum Medal School*, you must a) maintain the Bronze, Silver, and Gold Criteria and b) complete all of the following Platinum Criteria.

1. Strengthen your School Community Council by holding monthly meetings and including health as an agenda at every meeting.
- ★ 2. **Write a policy** to have healthy choices for all foods/beverages at school events, in vending machines, school stores, fundraisers, and other venues. Consider non-food items for fundraisers.
3. Plan and carry out a faculty/staff wellness program that lasts all year long.
4. Involve families and the community in completing Gold Medal School criteria
- ★ 5. a) **Write a policy** that requires recess to be scheduled immediately before lunch for most or all grades.

-or-

- ★ b) **Write a policy** that requires adequate eating time at lunch for students. Lunch must be 20-30 minutes long and held between 11am and 1pm.

Platinum Focus Areas

6. Choose one project each year from the “focus areas” listed below until you have completed all of them. For the first year only, you must choose the Mental Health and Wellness focus area.
 - **Mental Health and Wellness (must be done first)**
 - Asthma
 - Diabetes Control
 - Environmental Quality
 - Fruits and Vegetables Galore
 - Immunization
 - Oral Health
 - Sun Safety
 - Violence and Injury Prevention